



Óglaigh Náisiúnta na hÉireann (ONE)  
Organisation of National Ex-Service Personnel

**WWW.ONE-VETERANS.ORG**



**VOL 1 / ISSUE 6 – DEC 2022 – ONE NEWSLETTER**

## **2022 CHRISTMAS MESSAGE TO MEMBERS OF ONE**

**Simon Coveney, T.D., Minister for Defence & Minister for Foreign Affairs**



It gives me great pleasure to extend Christmas greetings to all members of ONE and to your loved ones, both on my own behalf, and on behalf of all my colleagues in Government and the Department.

2022 has clearly been a busy year for ONE and there have been many changes. Cormac Kirwan succeeded Ollie O'Connor as Chief Executive Officer on 1st February 2022 and I want to acknowledge the great work Ollie has undertaken over the past few years as CEO and to wish him well in his retirement. I also wish Cormac and your new fundraising and marketing officer, Wayne Fitzgerald, every success in their new appointments.

I had the pleasure of hosting my annual meeting with the Veterans Associations recently where I met with Cormac, and with Colm Campbell, Chairman of the Board of Directors, and Audra Larkin, Director and Chairperson of ONE's newest Branch in Clonmel. This was our first in-person annual meeting in some time as Covid forced us to hold previous meetings online. Thankfully, the pandemic now appears to be behind us. Cormac, Colm, and Audra updated me on the activities of ONE during 2022 and their plans for future developments. I was able to reaffirm my commitment, along with my Department and the Defence Forces, to continue to support ONE in your work whenever possible.

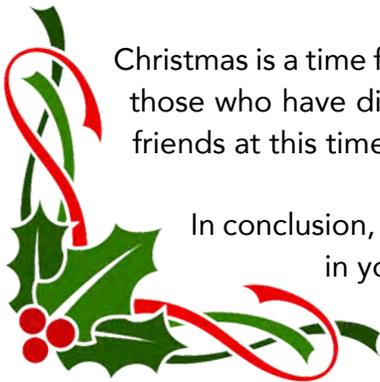
By way of an example, in 2022 my Department secured funding from the Dormant Accounts Fund to assist ONE in some special projects. This funding paid for seven infrastructure projects in your homes in Athlone, Cobh and Letterkenny, which will improve the quality of life for residents. I look forward to the opening of ONE's fifth residential home in St. Luke's, Cork City, in the near future, which will accommodate six veterans. Some of the funding for this project will also come from the Dormant Accounts Fund. Including the additional funds which have recently been secured for 2023, this brings to €490,000 the total amount of funding provided to date from the Dormant Accounts Fund in support of nominated ONE projects.



In further recognition of the valuable work undertaken by ONE, I increased the annual grant to €130,000 during 2022. It was also my pleasure to attend in-person the launch of the 13th Annual Fuchsia Fundraising Appeal in City Hall, Cork on Friday 2nd September last.

In a final look back at 2022, as you are no doubt aware Ireland has held a seat on the United Nations Security Council during 2022. I believe that one of the factors in securing that seat was our unbroken service on UN and UN-mandated missions since 1958, and we have used our place on the Council to promote UN peacekeeping. I want to recognise and thank all the members of ONE for your loyal service to both the State and to the cause of international peacekeeping.

In looking forward to the New Year, the report of the Commission on the Defence Forces includes a recommendation to establish an Office of Veterans Affairs. I am aware that this is something that has been sought for some time. I am happy to report that work on developing a detailed Plan, to implement a timeline for all of the actions set out in the Report, is progressing and will be finalised early in 2023.



Christmas is a time for us to remember those who are no longer with us. We remember in particular those who have died during this past year. Our thoughts and prayers are with their families and friends at this time.

In conclusion, I would like to wish the officers in your headquarters, house managers and staff in your homes, Branch Officers, those who man the Veterans Support Centres and all members of ONE and your families a safe and peaceful Christmas and best wishes for year ahead.

## **2022 CHRISTMAS MESSAGE TO MEMBERS OF ONE**

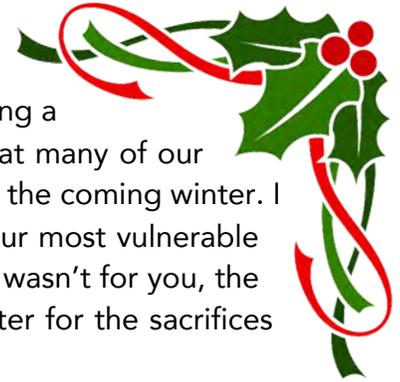
### **Lt General Seán Clancy, Defence Forces Chief Of Staff**

The time of year is again upon us whereby I am privileged to extend Christmas greetings to you, the women and men of Óglaigh Náisiúnta na hÉireann (ONE) and your families. This is without doubt one of the most satisfying parts of my role, where I have the opportunity to thank you, the veterans of the Defence Forces for the hard work and dedication that you have provided in the past 12 months for the betterment of others.

As I pass my first year's milestone as Chief of Staff of the Óglaigh na hÉireann, I have been humbled to see the immense work that ONE contributes to the Ex Servicemen & Women of the organisation that I represent. I am proud to support ONE in any way that I can; for you are the glue that holds together the social fabric for all of those that have served, ensuring that no one is forgotten about, no matter the circumstances in which they find themselves.



As we have progressed out of the Covid-19 Pandemic, we find ourselves facing another great personal battle, the spiralling cost of living and in particular the price of utilities. The cost increases that we have seen are taking a toll on all facets of peoples' spending. I am very aware of the struggles that many of our veterans are now facing to keep the heating on as we face the difficulties of the coming winter. I am in constant admiration of ONE and the work that they do to support our most vulnerable veterans in maintaining the basic needs, such as shelter, heat and light. If it wasn't for you, the struggles of our most vulnerable would be even greater; they deserve better for the sacrifices that they have made while in the service of the State.



I have seen at first hand the immense fund raising programme that ONE have implemented this year to raise the required funding and support to improve the services that you offer. A highlight of my year was being able to attend the launch of this year's Fuchsia Appeal in Cork in September with the Minister for Defence and the Secretary General. The energy on the day was palpable from those who were working so hard to ensure that your organisation continues to have a bright future, it was truly invigorating to meet so many committed members of ONE, all focused on the same goal.

Looking forward, I am particularly happy to see the inclusion of the Office of Veterans' Affairs in the Report of the Commission on the Defence Forces. Its establishment will provide focus and strengthen the work that has been completed to date to expand the range of services provided to veterans and their families. We are seeing green-shots from the Commission already, others will take some time to blossom, but I know that the next generation of Óglaigh na hÉireann will operate in a modernised and well-equipped force, one that is seen as a partner of choice at home and overseas and that offers a unique career experience to a diverse new Ireland.

In our veterans we see a reflection of what's best about the current members of Óglaigh na hÉireann; we see comradeship, we see values in action and we see commitment. You are a beacon to the current generation of the Force, while to those outside the Defence Forces you demonstrate how to conduct themselves, espousing what is positive in serving our great country. I take immense pride in being the Chief of Staff of those who currently serve, but in particular for all of those who have served and have given so much to Óglaigh na hÉireann.

For those serving overseas at this time, who cannot be at home with their families for Christmas, there is a huge sense of empathy and support from those who have gone before. You provide compassion, gratitude and an awareness that what our serving personnel are doing is special. Our soldiers, sailors and aircrew continue to ensure that peace is maintained in volatile regions, sacrificing time they could be spending with their families, so that others can enjoy continued peace in their own homelands.



Finally, I want to thank you for your devotion and commitment to ensuring that those who need help the most are getting it. You and your families deserve a Happy Christmas and the best wishes for the New Year. Nollaig shona daoibh go léir.

# HIGHLIGHTING TREATMENT OPTIONS ABROAD TO AVOID THE WAITING LISTS IN THE HEALTH SERVICE EXECUTIVE (HSE)

By Steven Shields, Veteran Support Officer

As we get older as veterans, we may need a medical procedure to address our illness. While some people have private medical insurance, a lot of veterans do not and suffer long waiting lists often in pain due to orthopaedic or disease issues. Veterans may also have limited quality of life due to vision issues.

## ONE CHALLENGE 2022



On the 28<sup>th</sup> October in Aiken Bks, Dundalk, the winners of the ONE Challenge 2022 were announced & presented with their awards.

The individual male winner was Michael Dolan (1,459.44Km), & the individual female winner was Albina Whelan (684.5Km).

The Defence Forces Team winners were from IRCON 25 KFOR, Sgt Major Tom Mahon & Gráinne Kenneally.

The ONE Team winners were The El Paso Four from the Michael McNeela Branch: Jim Mc Eaney, Eamon Doherty, Mick Reid & Michael Reid.

The Civilian Team winners were the International Police Association Cycling Club (IPACC): Neil O'Malley, Martin Yore, Conor Mc Caughley & James Kilgannon.

It's important to be aware there are options that might be considered and, in this article, we discuss an overview of the opportunities available and the associated processes of avoiding the increasing HSE waiting lists.

The three schemes are:

1. EU Cross Border Directive (CBD)
2. Northern Ireland Planned Healthcare Scheme (NIPHS)
3. Treatment Abroad Scheme (TAS)

### The Cross Border Directive (CBD)

The Cross Border Directive (CBD) is a scheme to get planned healthcare in another European Union (EU) or European Economic Area (EEA) member state.

### Countries in the EU and EEA

EU countries are: Austria, Belgium, Bulgaria, Croatia, Republic of Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden. EEA countries are: Iceland, Liechtenstein, Norway.

*Please note also you can no longer use the Cross-Border Healthcare Directive to access healthcare in the UK.*

To use health services in another country and be refunded under the Cross-Border Healthcare Directive you must:

- Qualify for public healthcare in Ireland.
- Have a letter of referral from a public health professional in Ireland.
- Arrange a consultation with a healthcare provider abroad - this is called an outpatient appointment.
- Travel abroad for healthcare.
- Pay for any healthcare you receive.
- Complete the CBD pro forma invoice with your healthcare provider abroad.
- Apply for repayment towards the cost of the healthcare abroad.

**NOTE: You must pay for any healthcare that you get abroad** but under the scheme you can apply to the HSE for reimbursement towards the cost of the healthcare. You will be repaid the cost of the public healthcare treatment in Ireland, or the cost of your treatment abroad, **if that is less**. It does not include other costs such as travel. For more information go to <https://www2.hse.ie/services/schemes-allowances/cross-border-directive/> **HSE Cross Border Directive**, National Contact Point, St. Canice's Hospital Complex, Dublin Road, Kilkenny. **General enquiries:** (056) 778 4546 or (056) 772 0551 / **Email:** [crossborderdirective@hse.ie](mailto:crossborderdirective@hse.ie)

#### **Northern Ireland Planned Healthcare Scheme (NIPHS)**

This is only a temporary agreement between the UK and Ireland until a more permanent scheme is implemented. The healthcare must be publicly available in Ireland. The referral pathway is the same way that you would be referred to public health services in Ireland. This may be, for example, by your GP (family doctor) or public hospital consultant. Funding will only be reimbursed for healthcare that is publicly funded and available in Ireland but the referral may be to a public or private health service in Northern Ireland. This scheme is similar to the CBD scheme as You pay the costs of treatment and then apply for a refund when you return to Ireland. You must pay for the healthcare and then claim the cost from the HSE.

**Northern Ireland Panned Healthcare Scheme (NIPHS)**, St Canice's Hospital, Dublin Road, Kilkenny.

**General enquiries:** (056) 778 4546 / **Email:** [crossborderdirective@hse.ie](mailto:crossborderdirective@hse.ie)

#### **Treatment Abroad Scheme (TAS)**

If you are a public healthcare patient and require treatment that is **not available to you in Ireland** or **not available within the time normally necessary to get it in Ireland** - this will take into account your current health and the likely course of your condition or disease, you may be able to apply for the Treatment Abroad Scheme (TAS).

This allows you to get the medical treatment in another country in the European Union (EU), the European Economic Area (the EEA also includes Iceland, Liechtenstein and Norway) or in Switzerland.

- Only a public hospital consultant based in Ireland can refer you for treatment abroad. A GP cannot refer you for this scheme. You cannot refer yourself either.
- You, and your referring consultant, must complete an E112 application form (pdf).

[https://assets.hse.ie/media/documents/treatment-abroad-application-form-e112\\_uBurc66.pdf](https://assets.hse.ie/media/documents/treatment-abroad-application-form-e112_uBurc66.pdf)

#### **The HSE will need to assess and approve your application before you travel for treatment.**

Your consultant must confirm that you need treatment abroad. They must also confirm that the treatment is:

- medically necessary and will meet your needs
- a proven form of medical treatment, not an experimental or test treatment
- in a recognised public hospital or other institution run by a registered medical practitioner
- in a hospital that will accept the Treatment Abroad Scheme form 'EU/EEA form E112 (IE)'
- If your application is approved, this means the HSE will pay for some or all of the cost of the treatment abroad. The HSE will issue you an approval letter that tells you what to do next.
- Your application must be approved by the HSE before you travel or start treatment abroad. You must give the HSE information about every appointment that you are due to attend.

For more information <https://www2.hse.ie/services/treatment-abroad-scheme/treatment-abroad-scheme.html>

While the above information does not represent the total procedures and criteria of the schemes, it provides basic information and awareness of what may be accessible to you the veteran as an individual.

Finally, the CBD and the NIPHS schemes you must pay and seek reimbursement of payment.

In the TAS scheme the HSE are responsible for treatment payment and, subject to all of the criteria being fulfilled by the individual, this will also include travel and accommodation.

**Treatment Abroad Scheme Office**, HSE, Seville Lodge, Callan Road, Kilkenny, Co Kilkenny.

**General enquires:** [treatmentabroad.scheme@hse.ie](mailto:treatmentabroad.scheme@hse.ie)

## FUNDRAISING

The Fuchsia flower was first used in the inaugural Fuchsia Appeal launch in 2009 and was chosen as the fundraising emblem of the ONE as it is grown throughout Ireland and is commonly known as Deora Dé or God's Tears in the West of Ireland. When seen while serving overseas the Fuchsia is a reminder of home.

The Fuchsia badge is now sold as part of the fundraising initiative and under the emblem is stamped with the words *Cuimhnimis' – 'Remember Those Who Served*, in remembrance of those who have served and to the many who made the ultimate sacrifice while serving.

The Fuchsia emblem is now used as a badge of remembrance and a symbol to honour those currently serving in the Defence Forces.

*Other fundraising campaigns include the Charity Donation Scheme, Supporters of ONE, ONE Challenge, Sleeping Flags, and the Golf Classic.*

You can donate to our Fuchsia Appeal, by scanning the QR Code or by visiting:  
<https://oneconnect.enthuse.com/cf/33c1/fuchsiaappeal>



## BUDGET 2023

*By Paddy Mulley, Cork*

Colleagues here are just three headings from Budget 2023 which may be applicable to some of our membership, your income must be below a certain amount to qualify for these allowances.

**Carer and Disability Allowances:** The Budget announced two one-off payments in the area of social protection – €500 for people receiving the Carer's Support Grant and €500 as a disability support grant. The payment for carers will be paid in November. It will be given to carers who receive the Carer's Support Grant, which is an annual payment for carers in receipt of the Carer's Allowance, Carer's Benefit, or Domiciliary Care Allowance and certain other carers providing full-time care.

The disability support grant will also be paid in November. It will be paid to people receiving long-term Disability Allowance, Invalidity Pension or Blind Pension.

**Fuel Allowance:** The means assessment threshold for the Fuel Allowance is increasing from €120 to €200 from January 2023. An applicant may have maximum state pension plus €200 now to qualify for the Fuel allowance they will also be a disregard if you are in receipt of the half-rate Carer's Allowance or Disablement Benefit, these will now be disregarded in the means assessment for the Fuel Allowance from January 2023.

**Secondary benefit here will be you may qualify for the fully funded energy upgrade administered by SEAI - check their website for details.**

The rate of payment will remain the same at €33 per week for 28 weeks from September until April. This was unchanged by the Budget. The lump sum payment to households receiving the Fuel Allowance that the Budget introduced will be worth €400 and be paid in November. You must apply for the for the fuel allowance on the first of January 2023, once your Fuel Allowance is granted apply to the SEAI immediately you are required to have the SEAI application stamped in your local social welfare office.

**Living Alone Allowance:** The €12 weekly increase in social protection payments applies to the maximum rates of jobseekers, carers, and disability payments, as well as the State pension (with lower increases in the case of payments less than the maximum rates), which are due to take effect from January. The Living Alone Allowance is not one of the payments included in the €12 increase. There will, however, be a €200 lump-sum payment in November for people receiving the allowance.

The Electricity credit will be paid in 3 instalments of €200. The first payment will be made from **November 2022**. The second electricity credit will be made from **January 2023**. The third will be made from **March 2023**.

*As always, check your eligibility and make an application as every case is assessed on its own merits.*

*Also attached is a 5-page Budget 2023 supplement with the main social welfare changes and rates of payments from the Department of Social Protection.*

## MEMBERSHIP 2023

JOIN OUR TEAM - ONE Membership is open for new members and renewal of current membership.

*‘As individuals we stand alone, together as veterans we are ONE’*

Handbook of Rules, Chapter 2, Para 2.1 - Ordinary Membership

Ordinary Membership of ONE shall be open to the categories listed hereunder providing such person had at least one year’s satisfactory service, has been honourably discharged, and has completed the current registration form declaring acceptance of the Articles of Association and Handbook of Rules for the ONE and providing such person is accepted by an affiliated Branch of the ONE, and subsequently by the Board:

- Veterans of the Permanent Defence Force.
- Veterans and serving personnel of the Reserve Defence Force.
- Ex-service personnel of the Civil Defence.
- Ex-service members of An Garda Síochána.
- Ex-service personnel of the Irish Red Cross.

Volunteer membership is also open to others interested in joining and assisting in our charitable services and goals.

Ordinary Membership is €25 per annum and Volunteer membership is €15 per annum.

You can register your membership here: [www.one-veterans.org/one-membership](http://www.one-veterans.org/one-membership)

ONE's Constitution, Handbook of Rules, Policies and Procedures including Code of Honour are available to download here: [www.one-veterans.org/policies/](http://www.one-veterans.org/policies/)

## COUNSELLING

ONE offers a FREE counselling service and is there to listen and to provide veterans with direct access to a designated Veteran Support Team and ONE’s Confidential Counselling Service. ONE has male and female counsellors on our team who are available to meet over the phone or in person.

Veteran Support Officers (Counsellors) are in:

- Head Office in partnership with the Leopardstown Park Hospital Trust.
- Brú na bhFiann in partnership with HSE Dublin North Community Healthcare Area.
- ONE has made applications to the HSE, for funding to recruit two additional counsellors in the Cork/Kerry Community Healthcare Area and the Dublin South, Kildare and West Wicklow Community Healthcare Area.

# JOIN OUR TEAM



## MEMBERSHIP OPEN



### \*FREE\* VETERAN SUPPORT & CONFIDENTIAL COUNSELLING SERVICE



Our team of male and female counsellors are available to meet on the phone or in person.

**086 138 0825 (FREE)**



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Organisation of National Ex-Service Personnel  
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## MEMBERSHIP OFFERS

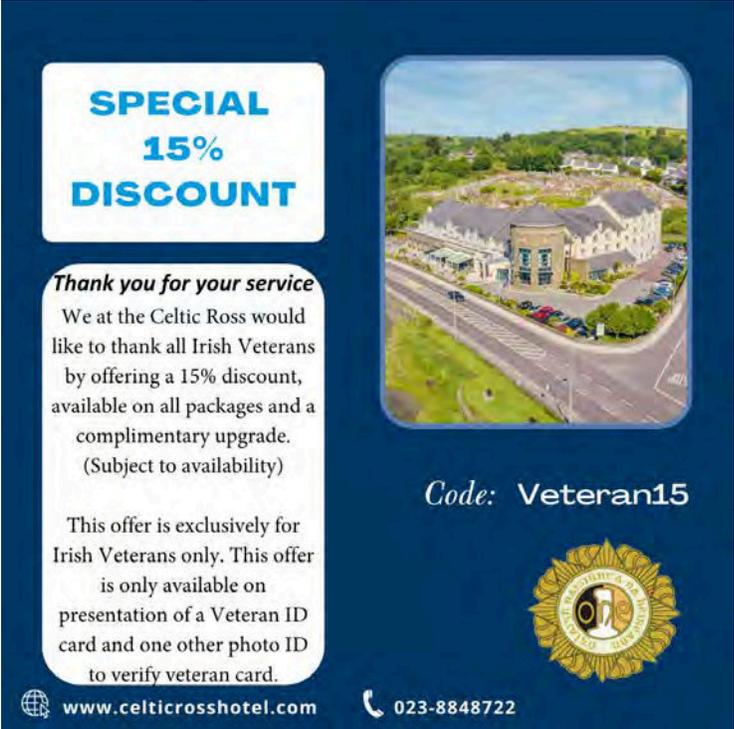
Celtic Ross Hotel in Rosscarbery in West Cork.  
SPECIAL 15% DISCOUNT

Thank you for your service

We at the Celtic Ross would like to thank all Irish Veterans by offering a 15% discount, available on all packages and a complimentary upgrade. (Subject to availability).

*This offer is exclusively for Irish Veterans only. This offer is only available on presentation of a Veteran ID card and one other photo ID to verify veteran card.*

The discount code **Veteran15** has been set up and can be booked online, as the upgrade is complementary this cannot be booked online, when the guest is confirming their booking by phone we can then add the upgrade, once they mention the code.



**SPECIAL  
15%  
DISCOUNT**

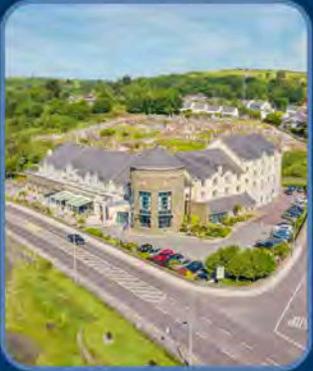
*Thank you for your service*

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*Code: Veteran15*

[www.celticrosshotel.com](http://www.celticrosshotel.com) 023-8848722



There are lots of deals including the Wild Atlantic Way stay, with B&B and evening meal with the 15% discount is about €177 for a Sunday stay, and you have the option of the complimentary upgrade (if available). See [www.celticrosshotel.com](http://www.celticrosshotel.com) / 023-8848722

## Druid Craft launches Historic Ireland

Historic Ireland was created to honour Ireland's Greatest Hero, Michael Collins. This year, the centenary of his death, we are proud to launch this collection of Limited Edition Sculptures.

This collection "The Big Fella", "Statesman & Soldier" was created by Barry Ormond, one of Ireland's most talented sculptors. This is a rare opportunity to own a Limited Edition collector's item honouring Ireland's greatest hero. These can be bought separately or as a collection.



The perfect Christmas gift for you or a loved one. Order today to avoid disappointment!

To purchase, visit our website [www.historicireland.ie](http://www.historicireland.ie) / [nicky@historicireland.ie](mailto:nicky@historicireland.ie) / 086 812 1115  
Or visit **Druid Craft** for Defence Forces themed Plaques and Trophies:  
[www.druidcraft.com/product-category/irish-defence-forces/](http://www.druidcraft.com/product-category/irish-defence-forces/)

## UPCOMING COURSES / TRAINING

### SOCIAL MEDIA TRAINING DAY – DATES TBC

We have 11 members registered for the Social Media training day to help branches/VSC members create and manage a Facebook page and more. We are looking at conducting this training in McKee Bks Veteran Support Centre. If any veteran is interested, please contact Wayne Fitzgerald.

### FREE BOOKKEEPING & PAYROLL COURSES

Big Red Cloud Ltd in collaboration with Kildare Wicklow Education and Training Board (KWETB) are offering free training on Payroll and Bookkeeping Courses. These free blended courses combine flexible learning and practical skills-based tasks, enabling a learner with little or no prior knowledge to upskill themselves to work in a payroll or accounts department. Visit: <https://bigredcloud.com/training/#courses> Please note that Intermediate and Advanced course are also available for more information on these contact [training@bigredcloud.com](mailto:training@bigredcloud.com)

## UPCOMING DATES FOR YOUR DIARY

### Cork Harbour Tragedy Remembrance Ceremony – Saturday 10<sup>th</sup> December 2022

Mass will be celebrated at 10.00am in St. Colman's Cathedral Cobh. After mass Veterans will form up outside and parade to the Monument on East Beach Cobh for the ceremony.

### Defence Forces Carol Service Arbour Hill – Tuesday 13<sup>th</sup> December 2022

The DF Carol Service will take place in the Church of Sacred Heart, Arbour Hill, at 8pm. The Army No 1 Band, Defence Forces Pipe Band, New Dublin Voices, and Lt Ash Weadick performing. Free Admission – All Welcome, free parking in the National Museum, entrance across from Arbour Hill.

### Deceased members Mass Sgt P. Mulcahy DSM Branch & A Coy 36 Inf Bn – Sun 18<sup>th</sup> December 2022

Wreath Laying Ceremony of deceased members of the Sgt P Mulcahy DSM branch and those of A Coy 36 Inf Bn will take place at 9:45am at the UN Plot in Glasnevin Cemetery, Dublin. This will be followed by Mass at 11am in the Garrison Church McKee Barracks. Refreshments served after mass in McKee Bks.

**Online ONE Calendar:** <https://teamup.com/ksapnu4n244mmwhsf9> - To add an event contact Wayne.

**Contact ONE:** For further info, to join as a member or to make a donation, contact ONE on 01 4850666, send us an email at [info@oneconnect.ie](mailto:info@oneconnect.ie), visit our website at [www.one-veterans.org](http://www.one-veterans.org) or find us on social media:



#### NEED TO CONTACT US?

Head Office:	01 485 0666 / <a href="mailto:info@oneconnect.ie">info@oneconnect.ie</a>
Chief Executive Officer (CEO), Cormac Kirwan:	087 665 5661 / <a href="mailto:cormac@oneconnect.ie">cormac@oneconnect.ie</a>
Executive Assistant, Paul Cooley:	083 098 9199 / <a href="mailto:paul@oneconnect.ie">paul@oneconnect.ie</a>
Marketing and Fundraising Officer, Wayne Fitzgerald:	083 097 3282 / <a href="mailto:wayne@oneconnect.ie">wayne@oneconnect.ie</a>
Head Office Veteran Support Officer, Steven Shields:	086 138 0825 / <a href="mailto:hqvso@oneconnect.ie">hqvso@oneconnect.ie</a>
Brú na bhFiann Veteran Support Officer, Tony Stafford	087 280 8750 / <a href="mailto:onecaseworker1@gmail.com">onecaseworker1@gmail.com</a>
House Manager Brú Chostúim Athlone, Paddy McManus:	086 044 9244 / <a href="mailto:paddy@oneconnect.ie">paddy@oneconnect.ie</a>
House Manager Brú na Farrage Cobh, John Lawlor:	083 088 2933 / <a href="mailto:john@oneconnect.ie">john@oneconnect.ie</a>
House Manager Brú na bhFiann Dublin, Richard Dillon:	01 485 0600 / <a href="mailto:richard@oneconnect.ie">richard@oneconnect.ie</a>
House Manager Brú Doire Feá Letterkenny, Aiden Redican:	086 039 0635 / <a href="mailto:aiden@oneconnect.ie">aiden@oneconnect.ie</a>

# Budget 2023

## Main social welfare changes and rates of payments



An Roinn Coimirce Sóisialaí  
Department of Social Protection

### Budget 2023: €2.2 Billion Social Protection Package

Budget 2023 provides almost €2.2 Billion in a package of measures that will assist people with the Cost of Living.

#### Cost of Living Measures

##### October 2022

- Autumn Cost of Living Double Payment will be paid to Social Protection recipients including all Pensioners, Carers and people on Disability Payments

##### November 2022

- €400 Lump Sum Fuel Allowance Payment to all households receiving the **Fuel Allowance**
- €200 Lump Sum Payment for **pensioners** and people with a **disability** receiving the **Living Alone Allowance**
- €500 Cost of Living Lump Sum Payment to all families in receipt of the **Working Family Payment**
- Double Payment of **Child Benefit** to support all families with children
- €500 Cost of Living Payment for people receiving Carer's Support Grant will be paid in November
- €500 Cost of Living Disability Support Grant will be paid to all people receiving a long-term **Disability Payment**

##### December 2022

- **Christmas Bonus Double Payment** will be paid to **1.3 million** Social Protection recipients including Pensioners, Carer's & People with Disabilities

## Improvements for Pensioners

- €12 increase in the maximum weekly rate of all State Pensions and proportionate increases for qualified adults and for people receiving a reduced rate
- New Means Test disregard for Fuel Allowance for people aged over 70 - €500 (single person) and €1,000 (couple)
- Normal means assessment threshold for Fuel Allowance increases from €120 to €200 with effect from January 2023
- Autumn Cost of Living Double Pension Payment paid to all Pensioners in October
- €200 Lump Sum Payment paid in November to people who are receiving a living alone allowance
- Christmas Bonus Double Payment in December

## Supports for Families and Children

- Double payment of Child Benefit to support all families in November
- €500 Cost of Living Lump Sum Payment paid to all families in receipt of the Working Family Payment in November
- The income thresholds for the Working Family Payment will be extended with effect from January 2023 so that more families qualify for this payment. Working Family Payment Threshold will increase by €40 per week regardless of family size
- Qualified Child Payments in weekly rates will be increased by €2 in January 2023 bringing them to €50 for Over 12s and €42 for Under 12s
- Farming Families – Changes to Farm Assist Means Test from January 2023 to exempt income from Agri-Environmental Schemes up to €5,000
- €12 increase in Maternity/Paternity/Adoptive/Parent's Benefit from January 2023
- Means assessment threshold for Fuel Allowance increases from €120 to €200 with effect from January 2023
- €20 million increase in School Meals Budget year on year to allow for continued expansion of the Scheme

## Supports for Carers

- Cost of Living Double Payment to Carer's in October
- €500 Cost of Living payment for people receiving Carer's Support Grant will be paid in November
- Carers will also receive the Christmas Bonus Double Payment in early December
- €12 increase in the maximum rate of Carer's Allowance and Carer's Benefit with effect from January 2023 with proportionate increases for people receiving a reduced rate
- €2 increase for each Qualified Child bringing rates to €50 for Over 12s and €42 for Under 12s from January 2023
- Means assessment threshold for Fuel Allowance increases from €120 to €200 with effect from January 2023
- Half-rate Carer's Allowance will be disregarded in the means assessment for Fuel Allowance with effect from January 2023

## Supports for People with Disabilities

- Autumn Cost of living double payment to people in receipt of Disability Allowance, Invalidity pension, Blind pension, Disablement Benefit, Partial capacity Benefit
- €500 Cost of Living Disability Support Grant will be paid in November to all people in receipt of Disability Allowance, Invalidity Pension and Blind Pension
- €200 Lump Sum Payment for people receiving a disability payment who live alone
- €400 Lump Sum Fuel Allowance Payment
- Christmas Bonus Double Payment to all persons receiving a long-term Disability Payment
- Domiciliary Care Allowance will increase by €20.50 to €330 per month with effect from January 2023.
- €12 increase in weekly Disability payments with proportionate increases for qualified adults and for people who receive a reduced rate from January 2023
- Domiciliary Care Allowance will be available in respect of children with severe illness or disability who remain in hospital for up to six months after birth
- Disablement Benefit will be disregarded in the means assessment for Fuel Allowance with effect from January 2023
- €1Million Expansion of the Reasonable Accommodation Fund to support people with disabilities in the Workplace
- The earnings disregard for Disability Allowance and Blind Pension will be increased from €140 to €165 with effect from January 2023
- Means assessment threshold for Fuel Allowance increases from €120 to €200 with effect from January 2023

## Supports for Lone Parents

- Autumn Cost of Living Double Payment paid to all One Parent Family Recipients
- €500 Lump Sum Cost of Living Payment to all lone parents receiving Working Family Payment
- €400 Lump Sum Payment to One Parents Families in receipt of Fuel Allowance
- Double Payment of Child Benefit (€280 per Child) for all Lone Parents
- Christmas Bonus Double Payment to all One Parent Family Recipients
- €12 increase in weekly One Parent Family Payment and proportionate increases for those receiving a reduced rate from January 2023
- Qualified Child Payments increased by €2 bringing rates to €50 for Over 12s and €42 for U12s

## Supports for Jobseekers

- €12 increase in maximum personal weekly rate of jobseekers' payments and proportionate increases for qualified adults and those receiving a reduced rate, paid from January 2023
- €2 increase for each Qualified Child from January 2023
- Autumn Cost of Living Double Payment paid to all recipients of jobseekers' payments, to be paid in October 2022
- Christmas Bonus Double Payment to all people receiving a long-term jobseeker payment, to be paid in December 2022

## Christmas Bonus

**€293.7 million to be paid to 1.3 million Social Protection recipients in December 2022 including all Pensioners, Carers and people on Disability Payments**

**People in receipt of the following payments will receive the Bonus:**

State Pensions and Widow's/Widower's/Surviving Civil Partner's Pensions, Benefit for 65 year olds.

Invalidity Pension, Blind Pension, Disability Allowance, Carer's Allowance, Carer's Benefit, Partial Capacity Benefit, Disablement Benefit, Domiciliary Care Allowance and Guardian's payments.

One-Parent Family Payment, Long-term Jobseeker's Allowance, Jobseeker's Transition Payment, Deserted Wife's Benefit and Allowance and Farm Assist.

Back to Work Enterprise Allowance, Community Employment, Rural Social Scheme, TÚS, Gateway and Job Initiative, Long-term Supplementary Welfare Allowance, Long-term Daily Expenses Allowance, Magdalene Commission Scheme.

For more information visit [www.gov.ie/dsp](http://www.gov.ie/dsp) and [www.citizensinformation.ie](http://www.citizensinformation.ie).

Contact the Department of Social protection on **0818 66 22 44** or **0818 40 50 60** from 9am to 5pm, Monday to Friday. Contact Citizens Information phone service on **0818 0740 00** from 9am to 8pm, Monday to Friday.

This Fact Sheet is intended as a guide only and does not purport to be a legal interpretation. The Factsheet may be updated to provide greater clarification for the public. Full information is available on [www.gov.ie/dsp](http://www.gov.ie/dsp).



All figures below for Budget 2023

Maximum weekly rate (from January 2023)	Personal Rate	Increase for a Qualified Adult	Increase for a Qualified Child	Increase for a Qualified Child
Social Insurance Payments	2023	2023	2023 Under 12	2023 Age 12+
<b>State Pension (Contributory)</b>	€	€	€	€
- Personal Rate - Under Age 80	265.30	See Below	42.00	50.00
- Personal Rate - Aged 80 and over	275.30	See Below	42.00	50.00
- Increase for Qualified Adult - Under 66		176.70		
- Increase for Qualified Adult - 66 and over		237.80		
<b>Widow's / Widower's / Surviving Civil Partner's (Contributory) Pension / Deserted Wife's Benefit</b>				
- Under Age 66	225.50		42.00	50.00
- Aged 66 and under Age 80	265.30		42.00	50.00
- Aged 80 and over	275.30		42.00	50.00
<b>Invalidity Pension</b>	225.50	161.10	42.00	50.00
<b>Carer's Benefit / Constant Attendance Allowance</b>	237.00		42.00	50.00
<b>Disablement Benefit</b>	251.00		42.00	50.00
<b>Jobseeker's / Illness / Health &amp; Safety / Injury Benefit</b>	220.00	146.00	42.00	50.00
<b>Maternity / Paternity / Adoptive / Parents Benefit</b>	262.00			
<b>Death Benefit - Under 66</b>	250.50		42.00	50.00
- Aged 66 and under Age 80	269.70		42.00	50.00
- Aged 80 and over	279.70		42.00	50.00

Maximum weekly rate (from January 2023)	Personal Rate	Increase for a Qualified Adult	Increase for a Qualified Child	Increase for a Qualified Child
Social Assistance Payments	2023	2023	2023 Under 12	2023 Age 12+
<b>State Pension (Non-Contributory)</b>	€	€	€	€
- Aged 66 and under 80	254.00		42.00	50.00
- Aged 80 and over	264.00		42.00	50.00
- Increase for Qualified Adult - Under 66		167.80		
<b>Carer's Allowance - Under 66</b>	236.00		42.00	50.00
- Aged 66 and over	274.00		42.00	50.00
<b>Disability Allowance / Blind Pension</b>	220.00	146.00	42.00	50.00
<b>Widow's / Widower's / Surviving Civil Partner's (Non-Contributory) Pension</b>	220.00			
<b>One-Parent Family Payment / Deserted Wife's Allowance</b>	220.00		42.00	50.00
<b>Farm Assist</b>	220.00	146.00	42.00	50.00
<b>Jobseeker's Allowance - Aged 25 and over</b>	220.00	146.00	42.00	50.00
- Under 25	129.70	129.70	42.00	50.00
<b>Supplementary Welfare Allowance</b>				
- Aged 25 and over	218.00	146.00	42.00	50.00
- Under 25 living independently with State support	218.00	146.00	42.00	50.00
- Under 25 not living independently	129.70	129.70		

Working Family Payment Thresholds	
Family Size	2023 Income Limit
1 Child	€591.00
2 Children	€692.00
3 Children	€793.00
4 Children	€884.00
5 Children	€1,010.00
6 Children	€1,126.00
7 Children	€1,262.00
8 Children or more	€1,358.00

Child Benefit	
	2023 Rate
Monthly Rate	€140 per child

Twins - Child Benefit is paid at one and half times the normal monthly rate for each child. All other multiple births - Child Benefit is paid at double the normal monthly rate for each child.

**Community Employment (CE)**  
Increase to CE, RSS and Tús top up of €5 from January 2023. Combined with the rate increase participants will see an increase of €17 per week from January 2023.

Other Social Welfare Payments	2023
	Weekly Rate
Guardian's Payment (Con/Non-Con)	€203.00
Fuel Allowance	€33.00
Living Alone Allowance	€22.00
Island Allowance (specified offshore islands)	€20.00
	Monthly Rate
Domiciliary Care Allowance	€330.00
	Annual Rate
Carer's Support Grant	€1,850.00

	Once-off Payment
Widowed or Surviving Civil Partner Grant	€8,000.00